

Rainman headed south in new deal



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Prince Harry in trouble again for comments



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Vancouver Games

Countdown to 2010

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Valentine's Day

Matters of the heart

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- Entertainment Surviving Mandatory Romantic Gesture Day, pg 20
- Tomorrow's Metro A selection of the worst love songs and Alan Cross reveals why some romantic ballads can misrepresent your true intentions.



From left to right, Olympian Morgan Alexander (for bobsled), IOC Olympic Games executive director Gilbert Felli, Whistler Mayor Ken Melamed, VANOC CEO John Furlong, Swatch CEO G.N. Hayek, IOC president Jacques Rogge, Omega president Stephen Urquhart, B.C. Premier Gordon Campbell, IOC co-ordination commission chair Rene Fasel, Federal Minister of State for Sport Gary Lunn, and Olympian Lindsay Alcock (in skeleton) stand by the Olympic Countdown Clock at Vancouver's Whistler Sliding Centre to mark the one-year countdown to the 2010 Olympic Games.

Tick, tock VANOC

Countdown to 2010 Olympics begins

JEFF HODSON
Metro Canada

The final year of preparations for the 2010 Games will be "tenfold" more challenging than any year before it, said VANOC CEO John Furlong last night at an event to mark the one-year countdown to the Games.

About a hundred journalists gathered at the Whistler Sliding Centre last night to watch the Olympic countdown clock turn from 366 to 365 days remaining before the Games.

"Just think about it," said VANOC CEO John Furlong

minutes after ringing a final-lap bell. "This time next year the Olympic flame will be metres away from the Olympic Stadium."

"The journey will be coming to an end and it will be the most unbelievable, magical time in the history of our province."

Today, the actual one-year mark (the Olympics begin Feb. 12, 2010), celebrations will take place across B.C. and the country as VANOC has asked all Canadians across every time zone to make noise at 6 p.m.

In Richmond, the province will mark the one-year countdown at 5

VANCOUVER 2010 Games

p.m. with a celebration at the Richmond Olympic Oval. And in Vancouver, Grammy-winner Sarah McLachlan headlines a sold-out countdown concert beginning at 7:30 p.m. at the Queen Elizabeth Theatre. The world will also get its first glimpse of the Olympic torch and torchbearer uniforms during an unveiling ceremony in Whistler.

The final year, Furlong said, will be spent testing systems and programs and "perfecting the experience" that people will have

at the Games. He said he's optimistic that the sports venues are completed — and are testing well with athletes — and that major infrastructure projects, like the Sea to Sky Highway, are nearing completion. One enormous challenge that remains will be the training of tens of thousands of Olympic volunteers.

International Olympics Committee president Jacques Rogge, who toured all the Olympic sporting venues yesterday, said he was pleased with VANOC's progress.

"Everything bodes well for the future of the Games."

60,000 apply to work at Olympics

VANCOUVER

2010 Games

TARYN MCELHERAN
for Metro Canada

VANOC A common thread among the more than 60,000 people who applied to be volunteers during the 2010 Games is pride, according to the former Olympic athlete interviewing them.

Andy Van Ruyven, who competed in the 1976 Montreal

Olympics, is helping to select 25,000 volunteers to work next year's Winter Games as well as the Paralympics.

"There are a lot of other people who are new Canadians," he said.

"They want to take the opportunity to show off their adopted country and to show how proud they are of Vancouver."

Donna Wilson, vice-president of workforce for VANOC, said that all volunteers will be trained to show their Canadian diversity.

"All of our volunteers will be trained in basic welcoming and thanking French terms so we make sure that the world appreciates that we are a country with two languages," she said.

Weather

- Despite an early season of icy ski hills and snow-covered streets, weather conditions in Vancouver and Whistler this week — one year before 2010 — are ideal for hosting the Games, according to a forecaster with Environment Canada.
- The Winter Olympics are always held in mid-February



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Erik Millett, the principal of the Sussex, N.B., elementary school that recently limited the singing of O Canada to school assemblies, says he's received death threats. Millett said one parent threatened him face-to-face in his office. RCMP are investigating. **METRO HALIFAX**

Local



Forget oysters, candles and champagne

Nearly all Atlantic Canadians think laughter is one of the world's greatest aphrodisiacs, according to an Ipsos Reid survey. Fifty-one per cent say they and their Valentine are always laughing at life in general, while 45 per cent laugh while spending time with family and friends. **METRO HALIFAX**

Charged band member suspended with pay

CHARGES The administrator of the Millbrook First Nation has been suspended with pay until criminal charges are dealt with.

Chief Lawrence Paul made the announcement on Alex Cope following an emergency band meeting yesterday morning.

Cope and his common-law wife, Nicole Williams, were arrested Monday night and are each facing 36 firearm and drug-related charges.

"After careful consideration, council unanimously ... (decided) our employee, Mr. Cope, would be suspended from his position as band administrator until such time these charges are dealt with by the courts," Paul told members of the media.

METRO HALIFAX

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WHAT'S ONLINE TODAY

Video Former prime ministers weigh in on Canada's sagging economy at metronews.ca/canada

Video Firefighters rescue lone koala from charred landscape left by Australian wildfires at metronews.ca/world

Blogs The Blog Street Bullies tackle fake retirements and fans held for ransom in the world of sports

Video Hockey legend Guy Lafleur will stand trial for obstruction of justice at metronews.ca/canada



Lotteries

Lotto 6/49: 1, 6, 17, 19, 41 & 42 Bonus 31
These results are not official.



IWK supports nurse-in rally

PAUL MCLEOD
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Rarely do both sides of a public demonstration agree on the issue, but breastfeeding caused just that yesterday.

Breastfeeding advocates staged a nurse-in at the IWK children's hospital yesterday after a woman was told to cover up. And the IWK was all for it.

The whole thing started when Shannon Hardy was breastfeeding her son Griffin at the IWK last week. A female staff member came up and tried to give Hardy a blanket to block the sight.

"I said 'no thank you, did somebody complain?' and she said 'it would be best,'" said Hardy.

Hardy, a professional doula, or birthing coach, was shocked and angered that she would be told to cover up at a children's hospital. About a dozen women showed up at the IWK with her yesterday morning to breastfeed and raise awareness of the cause.

However, the IWK itself has policies supporting breastfeeding. Spokeswoman Jocelyn Vine said the hospital does not require women to cover up while breastfeeding. Instead they advocate the practice.

"Our position is breastfeeding is the very best way to feed an infant," said Vine.

"Breastfeeding anywhere, any time is our philosophy."

No one knows who the employee was that tried to give Hardy the blanket, but Vines said she hoped it was an isolated incident.

She said she hadn't heard of any other such cases, but the hospital is always striving to reach a higher level of education on breastfeeding among its staff. She said yesterday's nurse-in helped do just that.

"It was a really positive event. My thinking is that anything that brings attention to the public and to all of us in the community that breastfeeding is the very best way to feed an infant and a newborn, is excellent," said Vine.



Shannon Hardy, right, breastfeeds her five-month-old son Griffin at the IWK hospital as she and around a dozen other women stage a nurse-in yesterday. Hardy says she was asked to cover up while breastfeeding by an IWK employee earlier this month.

Drivers, beware: Fairview overpass construction will cause delays

A lane of the Fairview overpass is being barricaded off by concrete because it is not safe to travel.

The overpass is the same design as a Quebec overpass that collapsed and killed five people in 2006. Inspectors found the concrete supporting the lane had degraded to the point where it is unsafe.

The province, which maintains the Fairview overpass, had already cut off traffic from the lane — but it was only marked off with paint and some cars had been driving on it when traffic was busy. The new barriers will keep traffic off altogether.

"When the Quebec situation occurred a very detailed inspection was done. There's been an inspection twice a year since then," said transportation department spokeswoman Cathy MacIsaac.

"Right now it's going to be bumped up to every two weeks, and if there was a concern whether or not the bridge was safe, it would be closed."

The inspections will monitor how the overpass handles



Workers install concrete barriers on an unused lane of the Fairview overpass yesterday.

the freeze-thaw cycle that occurs this time of year.

But half of the overpass is coming down soon anyway. MacIsaac said they are hoping construction will start in June. Six months and \$5 million later, there will be a new overpass.

That's likely to cause major delays for the tens of thousands of people who commute across the overpass everyday. At the height of construction, traffic will be down to a single lane in either direction. MacIsaac ac-

knowledge this will be a problem, and said the government is working on minimizing the congestion.

"Traffic will be impacted because we'll be reducing the number of lanes. But we're going to work with HRM on a traffic-management plan," she said.

The part being overhauled is three lanes built about 50 years ago. Three other lanes were built about 20 years ago and are still safe, said MacIsaac.

PAUL MCLEOD/METRO HALIFAX

Police seek help in finding East Coast Forensic patient

DAY PASS Police are seeking the public's help in finding a man who walked away from a Burnside correctional hospital.

Derek Stephen Irons, 38, was a patient at the East Coast Forensic Hospital. He left the facility on a day pass Sunday at 1:30 p.m. and was supposed to be back by the evening. He hasn't been seen since.

Forensic unit staff and Irons' family believe he isn't likely to be a danger to the public, but they are concerned with his well being, according to a police press release.

The hospital is independent, but located with the Burnside Correctional Facility. Though independent-

ently operated, the people it serves come exclusively from the judicial system.

Irons, from Harrietsfield, is a white male, five-foot-



Irons

10, weighing 220 pounds. He has blue eyes and brown hair and was wearing jeans, a dark ball cap and a dark winter jacket when he left the facility.

Anyone who sees Irons or has information about his whereabouts is asked to call Halifax Regional Police at 490-5016.

PAUL MCLEOD/METRO HALIFAX

News in brief

CAMERAS Big Brother could soon be watching if a proposal for closed-circuit surveillance cameras in downtown Sydney becomes reality. Police have consulted with the Sydney and Area Chamber of Commerce on the proposal and plan to talk to the

organization again. "I would certainly think our message to them would be to move forward," said Mike MacSween, executive director of the chamber. Like police, he said the chamber sees cameras as a way to curb potential crimes. **METRO HALIFAX**

Penny for your thoughts on great Olympic moments? Royal Canadian Mint seeks nominations

The Royal Canadian Mint and Canadian broadcasters are compiling a list of the Top 10 Canadian Olympic moments; the top three will be featured on their very own quarters. If you vote, you'll have a chance to win a trip for two to Vancouver 2010. Visit ctvolympics.ca and rdsolympiques.ca for details. **METRO HALIFAX**

The myth behind the music

A little Nirvana puts a new spin on an old tale in Poor Boy

JON TATTRIE
for Metro Halifax

Somebody must have told Stewart Legere to break a leg: the Zuppa star did just that a few days before Poor Boy opens at Neptune's Studio Theatre.

Legere plays Sherman Oakes, a troubled music superstar burning out fast after his rock diva girlfriend Ella dies. During one scene, he leaps down a set of stairs; Legere landed badly and wound up in a cast. He rushed from rehearsals to hospital, then back to rehearsals.

The only major change is an added line about Oakes going crowd-surfing without the crowd.

"We're really happy that it happened," joked director Alex McLean.

"It was totally serendipitous," Legere agreed. He says his character is broken in every other way, so the leg fit in flawlessly.

Poor Boy, written and performed by Zuppa Theatre, with music by Halifax's Dave Christensen and Jason MacIsaac, is based around the Greek legend of Orpheus and Eurydice.

When Eurydice dies, Orpheus uses his music to charm his beloved out of the grasp of Hades. Hades lets her go, on the condition that Orpheus must not look back at her until they are out of the underworld. At the last second Orpheus turns, only to see Eurydice fade back to the



Stewart Legere, left, Ben Stone, right, and Claire Gallant perform a scene from Poor Boy at the Neptune Studio Theatre yesterday. The Zuppa Theatre Co. and Neptune Theatre presentation opened last night and will run until March 1 with performances Tuesday through Sunday.

grave.

Zuppa injected a little Nirvana to bring it up to date. Oakes fronted a boy band before breaking off to do a commercial "indie" album, McLean explained.

"Like Robbie Williams," Legere added.

And like Kurt Cobain or John Lennon, he is drawn to a troubled woman.

"The guy gravitates to-

ward a more mysterious woman to validate himself," Legere said.

The play tracks Oakes as he journeys to a run-down Chelsea Hotel, where Ella's life ended.

It also follows his inner journey, as long-time friend Desmond Landy (played by Ben Stone) urges him to turn his melancholy into music

Wanna go?

- Poor Boy plays at Neptune's Studio Theatre until March 1.
- Call 429-7070 or go to Neptunetheatre.com for more information.

with an Ella-inspired comeback album.

Student, 15, assaulted at middle school

VIOLENCE A 15-year-old student at Madeline Symonds middle school in Hammonds Plains was assaulted yesterday.

Five students from another school allegedly walked into Madeline Symonds school at around 1:45 p.m. and assaulted the 15-year-old. The victim didn't need medical attention. After RCMP officers met with school officials and the parents, the matter was left to the school to handle internally. But RCMP said yesterday they will continue to investigate and assist the school as needed.

METRO HALIFAX

ShareYourViews

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Make like the Donald for charity

JENNIFER TAPLIN
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There was a fair bit of nail-biting going on at Saint Mary's University last night.

Students participating in a fundraising competition styled after The Apprentice TV show faced cuts in the "boardroom" last night.

Forty-seven teams from Dalhousie, Saint Mary's and Mount Saint Vincent universities were reduced to 24 last night.

The charitable — but fiercely competitive — fundraiser for the Canadian Cancer Society gives the four-member teams three tasks. Only the top performing teams make the cut after each task is completed.

"The first task we gave to them two weeks ago was

to raise money for the Canadian Cancer Society by telling a story. It was more or less going out, selling yourself and using your skills to have people donate to you," explained organizer Leah Skerry.

A team who dominates

"The students involved are in it for the long haul."

Brad LeBlanc

all three tasks could win \$10,000.

Brad LeBlanc, a business student at SMU, said it was nerve-wracking to face elimination last night.

"I'm nervous about getting cut because it's such a competitive thing," he said.

His team raised \$500 by selling T-shirts with the

phrase "I made a difference" printed on them.

"The students involved in this thing are in it for the long haul," LeBlanc said. "It's an opportunity to use your skills and abilities as opposed to using a cookie-cutter formula."

It's the third annual "Trumped Competition." Last year students raised \$19,196, but they've already raised \$55,000 so far this time around. Skerry said it's because there are more teams, and more interest.

The second task is something completely different, she said. Teams won't be fundraising, but will be applying their creative skills.

"I can tell you that whatever the task is, the winning team's creation will be used in the HRM both on a billboard and played on Z103."

HRM seeks input on Bayers Road widening project

JENNIFER TAPLIN
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Another road widening project was unveiled to residents last night.

HRM and provincial staffers presented a study exploring the future of the Bayers Road and Highway 102 corridor from Windsor Street to Fall River.

Learning from the public outcry from the Chebucto Road widening construction last summer, HRM staffers are making sure there's plenty of public input on this project from the beginning.

"We learned some lessons on public consultations I think," said David McCusker, manager of HRM Regional Transportation. "This is certainly a much different process than Chebucto Road as this involves both (the HRM) and the province, and Chebucto was an imminent project."

Construction on this project would likely be implemented in stages over the next 30 years.

The corridor is being examined for wider use because population growth is

expected in west and south Bedford. On the upside, the impact on traffic will be limited to a single corridor and not spread out over roadways all over HRM.

"The downside is that impact is fairly significant," McCusker said.

Design ideas include an underpass from the Bayers Lake Business Park under the highway, a new interchange at Larry Uteck Boulevard and a transit-priority corridor along Bayers Road.

"The study time frame is 2026, so that's a long time off," he said, adding other related projects would be completed before then.

The first public meeting on the issue was held last night at the St. Andrew's Centre on Bayers Road. The next one is tonight at the LeBrun Community Centre in Bedford at 6 p.m.

"We're looking for input on the layout of the roadway. There may be ways to minimize the impact of additional traffic lanes," McCusker said.

"There will also be input on a philosophical level saying catering to cars is not the way to go."



Ian Epstein asks a question at a jam-packed public meeting regarding the possible widening of Bayers Road at the St. Andrew's Centre last night. Epstein, who has lived on Bayers Road for five years, was asking about compensation and details about when the potential widening project would take place but wasn't able to get the answers he was looking for.

News in brief

PEDESTRIAN A 43-year-old man was hit in a crosswalk on Windmill Road in Dartmouth yesterday. The incident happened just after 3 p.m. and the man's injuries are considered to be serious but not life threatening. The driver of the vehicle that struck him was ticketed for failing to yield to a

pedestrian.

ARREST A woman was arrested for allegedly stealing power at the Fall River Stables. RCMP officers arrested a 39-year-old woman yesterday for stealing power in a barn. She will appear in a Dartmouth court to face a theft of power charge.

METRO HALIFAX

Canada's 1,000 federally appointed judges, who were seeking to push their remuneration to \$307,000 by 2011, were told yesterday they must live with salary restraints similar to other public servants. The base pay for most is currently about \$260,000, and the hike would have represented an 18 per cent increase. **TORSTAR NEWS SERVICE**

Canada



Lafleur to stand trial

A Montreal judge yesterday ordered hockey legend Guy Lafleur, left, to stand trial on charges of obstructing justice. Lafleur's lawyers tried to have the charges thrown out because police arrested Lafleur instead of issuing a simple summons, but the judge disagreed. The obstruction charges stem from conflicting testimony given by Lafleur at the September 2007 trial of his son, Mark. **METRO NEWS SERVICES**

B.C. expects to see big bump in tourism numbers

VANCOUVER Despite Olympic budget increases and the economic downturn, 2010 is shaping up to be a strong year for tourism in Vancouver.

Walt Judas, vice-president of marketing communications and 2010 strategies for Tourism Vancouver, said the Games have already garnered Vancouver more publicity than local tourism agencies would ever be able to afford.

"That international profile ... will pay dividends for years to come," he said. "We're not out of the woods (economically) by any stretch, but nonetheless, we're in a good place as it relates to tourism."

Judas estimates that roughly 250,000 to 300,000 people will visit during the Olympics. **METRO CANADA**

Vancouver Olympic campaign



Staff at Molson's Kitsilano, B.C., brewery celebrate the unveiling of the 2010 Mural Project yesterday. Tens of thousands of photos of Canadians will be added to the giant collage ahead of the Olympics. Any Canadian of legal drinking age can upload a personal photograph at 2010muralproject.ca.

2010 Olympic budget called into question

ANDREA WOO
for Metro Canada

VANCOUVER 2010 Games

Vancouverites will pay an unforeseen price in the years following 2010's five-ring circus, a B.C. expert is warning.

Zuzana Fromm, an economics professor at British Columbia Institute of Technology, said it's possible the B.C. government will either raise taxes or cut spending from programs such as education or health care to pay for the Games' net cost.

"The money's got to come from somewhere if they're going to keep a balanced budget and not increase the size of the provincial debt," said Fromm, who authored the 2006 report Economic Issues of Vancouver-Whistler 2010 Olympics.

Premier Gordon Campbell maintained that the province will stay within

its \$600-million budget; however, B.C. auditor general Arn van Iersel said the total cost will hover around \$1.5 billion for the province and \$2.5 billion for all of Canada.

This figure is on top of VANOC's \$1.76-billion operating budget — recently raised from \$1.6 billion — and includes items not in official Olympic estimates such as infrastructure upgrades, \$580 million in competition venue construction and the \$875-million athlete's village, which VANOC has said is a public

development the committee is only leasing for the Games.

While VANOC insists the Games are on budget, some see the committee's proposal to hand out alpine

and Nordic event medals at Whistler venues rather than the \$13.6-million, purpose-built Olympic celebration plaza — which would shave off only about \$5 million from operating costs — as a sign of just how critical the numbers have become.

History lesson

- Most Olympic cities carry hefty debts following the Games: It took Montreal 30 years to pay off its \$1.5-billion Olympic Stadium; Turin owed nearly \$196 million US; and Athens was in the hole for \$17 billion US.

Next year of training will be 'intense': Former athlete

KRISTEN THOMPSON
Metro Canada

TRAINING The Olympics are likely on the minds of most people in Vancouver and Whistler today, but no one more so than the athletes hoping to compete.

Canadian ice dancer Shae Lynn Bourne, who skated in the '94, '98 and '02 Winter Games, said the only way to describe the countdown year for an athlete is "intense."

"It's such an adrenaline rush when it's a year before because you realize, 'Oh my gosh, my dream is just around the corner,'"



Shae Lynn Bourne, shown here performing with Victor Kraatz in 2001, says the year leading up to the Olympics is an "adrenaline rush."

Bourne told Metro yesterday.

Bourne said the training schedule and routine likely won't change in the coming year, but athletes will be more focused and driven.

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Edmundston

121 rue de L'Église

Fredericton

Regent Mall

Grand Falls

Grand Falls Shopping Centre

Miramichi

Bridgeview Plaza

Moncton/Dieppe/Riverview

Champlain Place

Wheeler Park Power Centre

33 Mapleton Rd.

535 Coverdale Rd.

106 - 451 Paul St.

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The owner of Peanut Corp. of America, the company blamed for a salmonella outbreak that may have killed eight people, refused to answer questions before Congress yesterday, while internal company memos showed him complaining about loss of profits while the scare was investigated. **REUTERS**

World

China rejects calls to end death penalty

HUMAN RIGHTS China rejected calls from Western and some Latin American countries yesterday to end the death penalty and to agree to enforce a wide range of human rights including allowing independent labour unions.

But it agreed to suggestions by Cuba that it ensure firm action against "self-styled human rights defenders working against the Chinese state and people" and from Iran to reinforce censorship of the Internet to limit "defamation of religion."

China's stance on these issues emerged in a final report from the United Nations Human Rights Council on Monday's discussions of Beijing's rights record. **REUTERS**

Stimulus finalized at \$789B

U.S. congressional negotiators yesterday reached a deal on \$789 billion US in emergency spending and tax cuts, handing a big victory to U.S. President Barack Obama in his effort to pull the economy out of a steep tailspin.

Negotiators in the House and Senate overcame an apparent last-minute snag on funding to help states plug growing budget deficits and money to renovate schools that Obama had sought.

By the numbers

- About 36 per cent of the package is in tax cuts; the rest is in spending. Individuals will receive \$400; couples will receive \$800.
- A Republican senator said a \$54-billion fund will help states plug growing deficits and modernize schools.

The package is aimed at reversing a deep recession and news of the compromise sent U.S. stock mar-

kets higher. A majority of negotiators approved the deal, possibly setting up votes in the House and Senate today, but the timing could slip.

Obama said in a statement the deal would help save or create millions of jobs and "provide immediate tax relief to families and businesses, while investing in priorities like health care, education, energy, and infrastructure that will grow our economy once more." **REUTERS**

Political gridlock in Israel after election

ELECTION Israel headed for political gridlock yesterday with both sides declaring victory in an election.

Foreign Minister Tzipi Livni's centrist Kadima party won with 28 seats, but had little chance of build-

ing enough support for a coalition. Right-wing opposition leader Benjamin Netanyahu, with 27 seats, can get the backing of the majority rightists in parliament, but analysts said the likely alliance would prove

dysfunctional.

Israeli media said it seemed President Shimon Peres, who has yet to pick a leader, would have no choice but to tap Netanyahu if the rightists all back him. **REUTERS**

Octuplets mom goes into hiding with 6 kids

CONTROVERSY California's octuplets mom, already jobless and receiving food stamps, has gone into hiding with her six older children, ages two to seven, because of death threats, her spokesman said yesterday.

Nadya Suleman, 33, has come under mounting public ridicule for expanding her already large family via fertility treatments that led to the Jan. 26 birth of six boys and two girls.

That criticism has mushroomed as it was reported

that she was divorced, living with her parents, unemployed for several years, receiving disability checks for three of her children — one of whom is autistic — and collecting nearly \$500 a month in food stamps.

Suleman's spokesman Michael Furtney said Suleman and the PR firm have been deluged with hostile phone calls and emails that "rail against her being ... a person who's taking advantage of the system." **REUTERS**

News in brief

STUDY Climate change is pushing American birds northward into Canada, a study says. Scientists found over a 40-year period, 58 per cent of 305 common species had shifted north.

SANCTIONS The U.S. Treasury has imposed sanctions on the Maryland-based Tamil Foundation, alleging they are a support network for the Tamil Tiger rebel group. **REUTERS**

What's Not to Love?

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Comment

The Afghan conundrum

Home&Abroad

Andrew Cohen

Canada & world insight

For months, perhaps years, we have heard how the situation in Afghanistan is deteriorating.

The spread of corruption, the return of the Taliban, the ineptitude of the police, the mounting violence, as we saw again yesterday — all suggest a war that seems unwinnable in a country that seems ungovernable.

Last weekend, in Munich, representatives of NATO met to discuss the Afghan war, which has been going on since the fall

of 2001. It is an important annual meeting of the alliance, which traditionally draws a country's leading representatives.

The United States sent its vice-president, its secretary of state, and its newly appointed special envoy to the region, the much-travelled, highly esteemed former ambassador, Richard Holbrooke.

How bad are things? This is how Holbrooke put it: "Let's not kid ourselves: The task ahead of us is far, far more difficult than anything that has been said this morning. I have never, in my experience in the U.S. government that started in Vietnam, ever seen anything as difficult as the situation that confronts the countries involved in Afghanistan and Pakistan at this point. We've only scratched the surface."

Holbrooke noted, with

disdain, the members of NATO who pledge help and deliver none. In the distribution of foreign assistance, he lamented that he has "never remotely seen anything like the mess we've inherited." On the whole, he said, the challenge in Afghanistan is "tougher than Iraq."

(For these references, I am indebted to my colleague, Paul Wells of Maclean's, the only Canadian journalist to cover the conference. He has posted some of the proceedings on his blog.)

What Holbrooke says is supported by Ahmed Rashid, the Pakistani journalist and author who has written widely on Afghanistan. In *Descent Into Chaos*, his examination of the failure of nation-building in Afghanistan, he says Iraq is a sideshow. Afghanistan is the home of

the Islamic insurgency, and we're losing — though he adds that it isn't too late.

And what about Canada, which plans to leave Afghanistan in 2011? Defence Minister Peter MacKay, Canada's lone representative at the conference, offered a few platitudes, but concluded, "the Alliance has achieved notable successes in Afghanistan."

He said, though, that "we still have a long way to go." It neatly sets up the critical question for Canada as the Americans, who are sending more troops to Afghanistan, ask us to reconsider our departure.

Will we note the successes, declare victory and leave? Or will we acknowledge the failures, fear defeat and stay?

Andrew Cohen teaches journalism at Carleton University. He is the author of *Extraordinary Canadians: Lester B. Pearson*.



MICHAEL DE ADDER

Letters

Various religious groups have used advertising campaigns

Re: Atheist ads promote debate, understanding (Feb. 5)
I am not atheist, but I can't understand why people are so offended.

Various religious groups have used advertising and it has never been viewed as offensive. If we find this minuscule form of free speech offensive, should we not be offended if someone starts preaching about God on the side of the street and reciting a sermon from the Bible?

Many religions don't need to advertise on buses when they have billboards or television programs and channels devoted to their religions. Should someone that is not of that religion be offended?

After all, they are only voicing their own opinion through an ad on a bus, which is hardly harmful to anyone. Although some make it out to sound like an infectious disease that

needs cleansing.

NICHOLAS WITHAM, CALGARY

Recycling information not relevant to Canada

I read with interest *Small Steps* by environmental activist David Suzuki (Feb. 9).

In the piece, Suzuki cites international information not relevant to the Canadian experience when it comes to the recycling of plastic water bottles. About 60 per cent of plastic beverage containers, including water bottles, are recycled domestically, according to the various government and industry agencies across Canada responsible for this activity.

Further, Suzuki quotes out-of-date information about bottled water consumption in Canada. About 60 per cent of Canadians drink bottled water daily, and 75 per cent consume it occasionally, according to Probe Research.

JOHN B. CHALLINOR II,
GUELPH, ONT.

Views

Political games behind the 2010 Games

The WestView

Paul Sullivan

Journalist & Media Consultant

The 2010 Winter Olympics are exactly one year away.

I suspect most Canadians greeted by that news will smile a little and start hoping we win lots of medals, or, if nothing else, gold in hockey.

The last time we hosted the Winter Olympics, in Calgary in 1988, we all had a good time, but Canada didn't win any gold medals. This time we look good for gold in skiing, snowboarding, hockey, skating, and maybe even a couple of sledging events.

So the excitement is starting to build across the country, fuelled by those cute little Royal Bank Olympic

torch and Petro-Canada commemorative glass tumbler ads.

Here in Vancouver, on the other hand, you'd think we were beset by the plague.

I've never seen or heard anything like it, although it's probably the same in every city awarded the dubious distinction of hosting an Olympics. The Games have become the scapegoat for every social activist, environmentalist, anarchist, conspiracy theorist, not to mention a vast array of uncategorized unhappy

VANCOUVER

2010 Games

campers.

Now that there's one year to go, that's the signal to ramp up the wailing, the gnashing of teeth.

If you're an environmentalist, it's time to get even more uncivilly disobedient over the loss of arbutus groves and animal habitat to make way for improvements to the Sea to Sky Highway to Whistler.

If you're a taxpayer, it's your cue to get increasingly furious that no one really knows how much the Games will cost, but you know you'll get stuck with the bill. Right now, the Vancouver Olympic Commit-



Vancouver Olympic mascot Sumi

Vancouver Olympic Commit-

tee says they'll cost \$1.75 billion, but, of course, you'll choose to believe the critics who say the real cost is closer to \$6 billion or \$7 billion. Who has the real credibility, anyway? VANOC CEO John Furlong or some blogger?

If you're a social activist, it's time to kick some real butt. Why haven't these billions gone to provide shelter for the homeless, help the sick and feed the poor? Instead of spending \$1 billion on a stupid convention centre (when you already have one) just spend it on eliminating homelessness. Spray paint the Olympic countdown clock. That'll teach 'em.

Now, if only we can make it through the next 12 months. Let the pre-games games begin.

Do you agree or disagree? Email Paul Sullivan at hali.faxletters@metronews.ca.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting.

Metro Online Poll Results

37% SAID YES

Should Iraq war resisters be deported to the United States?

Weigh in on today's question at metronews.ca

63% SAID NO

It's your turn to tell others what you think. Email your thoughts and opinions to: halifaxletters@metronews.ca

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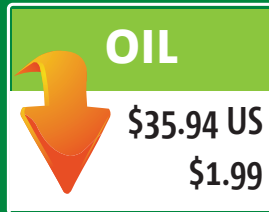
Starbucks begins announced job cuts

Starbucks Corp. yesterday said it issued more than 1,000 pink slips related to its newest round of job cuts. The coffee chain in January said it would close 300 additional outlets and slash as many as 7,000 jobs as it cuts costs. **REUTERS**

9

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA



Canada posts trade deficit

Exports plunge 9.7% on energy products, industrial goods

Canada unexpectedly posted its first trade deficit in almost 33 years in December on plunging exports and weakness in the crucial U.S. market, prompting analysts to predict the days of regular multibillion-dollar surpluses were over for the time being.

Statistics Canada said yesterday that the December deficit was \$460 million, the first deficit since the \$79 million recorded in March 1976. Analysts had on average predicted a surplus of around \$800

"It's predictable when we're in a worldwide downturn ... and some of our major purchasers ... are going through very difficult times."

Stockwell Day

million after the \$1.16-billion surplus in November.

The figures demonstrate just how seriously the global crisis is hurting Canada, a leading commodity producer that relies heavily on trade with the United States. They also reflect the impact of lower energy prices.

Exports plunged by 9.7

per cent to \$35.30 billion — the fastest month-on-month decrease since the 14.2 per cent recorded in October 1982 — on the falling value of energy products and industrial goods.

Imports dropped by 5.7 per cent to \$35.76 billion on lower volumes of machinery, automotive prod-

ucts and industrial goods. Exports to the United States — which takes around 75 per cent of all Canada's exports — dropped by 10 per cent.

"It's predictable when we're in a worldwide downturn ... and some of our major purchasers — the United States, China — are going through very difficult times and therefore they're buying less," said Trade Minister Stockwell Day, while declining to predict whether Canada would now see a string of trade deficits. **REUTERS**

The DAILY BUSINESS BUZZ

Scotia Mine for sale:

Acadian Mining Corporation announced yesterday that subsidiary ScoZinc Limited is actively seeking a purchaser for the Scotia Mine in Gays River. ScoZinc will cease the processing of zinc and lead in March. If the mill doesn't sell, it will be shut down.

Franchisee of the Year winners announced:

Sandler Canada has announced that Eldon and Anne MacKeigan of Halifax have won its Franchisee of the Year award for 2008. Eldon MacKeigan writes the "Success in Sales" column for the Nova Scotia Business Journal. MacKeigan also has a close relationship with Dalhousie University's Norman Newman Centre for Entrepreneurship.

Canadian youth on a mission:

Future business leaders from Atlantic Canada are travelling to Panama and Costa Rica Feb. 13-25 to participate in a Junior Team Canada Economic Mission. The 11 youth will meet with local leaders and examine the global issues facing developing countries, and what Canada can do to make a difference.

Hay Island Seal hunt postponed



A Humane Society of the United States cameraman films a herd of grey seals on Hay Island off the coast of Nova Scotia. East Coast sealers postponed the hunt for 2,200 seals on the island after failing to find a buyer for the pelts.

WestJet fourth-quarter profit falls 46%

EARNINGS WestJet Airlines Ltd., Canada's No. 2 carrier, said yesterday its fourth-quarter earnings fell 45.9 per cent due to the turmoil in the economy that has affected the entire airline industry, and warned that its first-quarter results may be weaker.

The company earned \$40.8 million, or 32 cents a share, in the quarter, down from \$75.4 million, or 57 cents, in the fourth quarter of 2007.

While airlines have benefited from a plunge in fuel costs as oil prices fall, the weak economy is

squeezing profits.

Sean Durfy, WestJet's chief executive, said in a statement that the company expects its revenue per available seat mile (RASM), a key profitability ratio, to fall in the first quarter of this year. **REUTERS**

Business in brief

TELECOM BCE Inc. reported a fourth-quarter loss yesterday of \$48 million, reflecting restructuring charges and investment writedowns, but it expects earnings to rise more than five per cent in 2009.

GAS Regulatory delays have worsened the odds that the \$16.2-billion Mackenzie gas pipeline in Canada's Far North will be built despite Ottawa's promise of help, TransCanada Corp.'s CEO said yesterday.

RIM BlackBerry maker Research In Motion yesterday forecast profit at the low end of expectations because businesses are not buying its latest smartphone upgrades in the economic downturn. **REUTERS**

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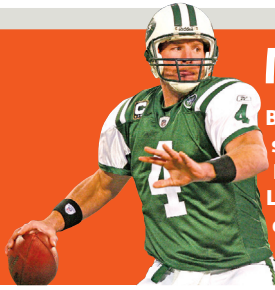
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Sports



Maybe this time it will take

Brett Favre told the New York Jets yesterday he was retiring after 18 seasons, ending a record-setting career in which he became one of the NFL's all-time greats. He or the team does not expect a change of heart. Last March, Favre announced his retirement from the Packers only to change his mind three months later and force a trade to the Jets.

METRO NEWS SERVICES

EDITOR: JOHN CHICK, JOHN.CHICK@METRONEWS.CA

One year away: 10 to watch in '10

One year from today, the 2010 Vancouver Winter Olympics begin. Here are 10 Canadian medal hopes to keep in mind:

Jenn Heil, women's moguls

She put Canada on the board with Olympic gold on opening day in Turin in 2006 and there will be intense pressure on her to do it again in Vancouver when women's moguls once again is on the first day of competition.

Kristina Groves, long track speedskating

She's been racking up impressive results for six years now, but on a team with Jeremy Wotherspoon, Cindy Klassen and Clara Hughes, it's hard for her to get a little attention. But with Klassen and Wotherspoon both trying to come back from serious injury next year, Groves

VANCOUVER 2010 Games

could be the team's star.

Pierre Lueders, two-man bobsleigh

He's going to have hundreds more runs on the Olympic layout in Whistler than his competitors, plus he finally has a decent budget for equipment.

Steve Omischl, men's aerials

He's won everything else in his sport: a world title, and three Crystal Globes as the overall World Cup freestyle aerials champion.



Alex Bilodeau, men's moguls

Jennifer Heil calls Bilodeau her "little brother," but this 21-year-old takes a

Kristina Groves

Canada's hockey teams

The men will be led by NHL stars like Sidney Crosby and Jarome Iginla and should face their toughest opposition from Russia and Sweden. On the women's side, barring any big upsets, it will be Canada vs. the U.S. for gold for the fourth straight Olympics.

Canada's curling teams

Reigning world champion Jennifer Jones is the most likely representative on the women's side, while Glenn Howard and Kevin Martin will probably battle it out among the men.

backseat to no one.

Patrick Chan, men's figure skating

The world championships next month in Los Angeles will be a big stepping stone for the 18-year-old Torontonian.

Clara Hughes, long track speedskating

She's got two Olympic bronze medals in cycling from the 1996 Atlanta Games and a gold, silver and bronze in Olympic speedskating in '02 and '06.

Tessa Virtue/Scott Moir, ice dancing

It's felt they've got the goods to win the whole thing in 2010, but that will be dependent on Virtue being 100 per cent and able to put in the hard training they will need this summer.

TORSTAR NEWS SERVICE

Bombshell suit claims Alomar has AIDS

Former Toronto Blue Jay Roberto Alomar is no stranger to the spotlight.

But by any standards, allegations made by a former live-in girlfriend that Alomar has full-blown AIDS are shocking and sensational in the extreme.

Alomar is alleged in a lawsuit to have insisted on having unprotected sex, while claiming repeatedly that he was disease free, with ex-girlfriend Ilya Dall, 31. She makes the charges in a bombshell suit that was reported in the New York media yesterday.

In papers filed in state and federal court in New York, Dall said Alomar, 41, was told repeatedly by doctors to get tested for HIV and finally did so January 2006. The \$15-million US negligence suit alleges: "The test results of

him being HIV-positive was given to him and the plaintiff on or about Feb. 6, 2006."

Alomar has not commented on the suit, but his lawyer, Charles Bach, would not say whether Alomar is HIV-positive. "We believe this is a totally frivolous lawsuit," he told the New York Daily News.

"These allegations are baseless. He's healthy and would like to keep his health status private."

Dall's relationship with Alomar began in 2002, according to the suit. Alomar retired in 2005. Around that time, the court papers allege, Alomar told Dall he "was raped by two Mexican men after playing a ball game in New Mexico or a southwestern state, when he was 17 years of age."

TORSTAR NEWS SERVICE

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Strong start for former curling champs

The only four skips to have captured Nova Scotia men's curling championships in the past decade — Shawn Adams, Mark Dacey, Mark Kehoe and Brian Rafuse — earned opening-day victories at the Molson Scotia Cup yesterday in Chester.

METRO NEWS SERVICES

sports **11**

Captain helps Huskies claim bye

MATTHEW WUEST
matthew.wuest@metronews.ca

Marc Rancourt edged closer to historic territory while helping the Saint Mary's Huskies earn a first-round bye.

The fourth-year forward piled up two goals and an assist in a 6-3 victory over the Acadia Axemen in Atlantic University Sport men's hockey action last night at the Forum.

Rancourt, who leads the country in scoring, now has 57 points in 27 games and needs just two points to record the highest single-season AUS point total since 1998-99.

"Ranny is the catalyst of our team," said Huskies forward Cody Thornton, who had a goal and two assists himself.

"Everything really goes through him, on the ice or in the dressing room. He makes the game easier for everyone."

The Huskies captain scored one of his goals on a rebound on the power

play and his other on a perfectly placed slapshot off a rush. He beat three men down low on his assist, making a beautiful spin-o-rama to put it on the tape of Scott Brophy.

"Our power play's clicking and we have some pretty good shooters out there," Rancourt said, deflecting praise. "It's pretty easy to give them the puck and let them do the work."

The second-place Huskies, 19-7-1, have one game remaining against the Dalhousie Tigers, and can still finish first overall. Then they go straight to the best-of-five semifinals.

"On paper, we're a pretty skilled team, but it's a matter of working hard to get things to go our way," Rancourt said.

"Our coaches have gotten us all on the same page and everybody's buying in. We're a tough team to play against."

In other action last night, Dalhousie lost its 12th straight game, 6-4 to the host St. Francis Xavier X-Men.



Saint Mary's Huskies goalie Brandon Verge makes a stop despite being on his back during the second period of last night's AUS hockey game against the Acadia Axemen at the Halifax Forum. The Huskies doubled the Axemen 6-3.

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12 sports

Richer deal lures Rainman away

MATTHEW WUEST
matthew.wuest@metronews.ca

Just when things were turning around for the Halifax Rainmen, one of their best players is leaving town.

Rob Sanders, one of only four players in the Premier Basketball League averaging a double-double, has signed a lucrative contract with a pro team in Venezuela. Rainmen owner Andre Levingston called the salary "life-changing."

"Rob discussed the offer with me, and while I want to be selfish and keep him here, there was a lot of money offered and it was a no-brainer," Levingston said. "The money that was offered was life-changing. You can't say no to it."

Levingston compared Sanders' situation to that of point guard Jermaine Anderson, who starred for the Rainmen early last season before leaving after 20 games to sign in Germany. Anderson went on to play for Canada's national team.

Sanders, a six-foot-eight forward, was averaging 17.4 points and 10.1 rebounds in 10 games, despite coming off the bench. He averaged 28.2 minutes and battled a variety of injuries.

"Rob is a dominant guy," Levingston said. "He gets it done. We hate losing him, but he couldn't say no."

Levingston pointed out that the Rainmen beat the Vermont Frost Heaves on Sunday with Sanders on the bench for most of the game with an injury. He said he's looking for a replacement with skills similar to



Rob Sanders, a six-foot-eight forward, is leaving the Halifax Rainmen to play for a professional team in Venezuela.

Sasquatch resurrected

The Montreal Sasquatch are still alive. The team that was kicked out of the Premier Basketball League last week was reinstated yesterday after being taken over by an ownership group named Soar Enter-

prises Inc. The Sasquatch will resume their original schedule and will announce a new roster today. The Halifax Rainmen have two more games against the Sasquatch this season.

MATTHEW WUEST/METRO HALIFAX

Sanders' but isn't in a rush.

"If we bring somebody in, it's going to be somebody who can help us, not just to fill a roster spot," he said.

In other Rainmen news, guard/forward Glen Dantridge is hoping to have re-

covered from an ankle injury that has limited him to just 21 minutes total in his past two games.

The Rainmen, 7-5, host the Detroit Panthers on Friday at 7 p.m. and the Quebec Kebs on Sunday at 2 p.m.

Volleyball all-stars announced

Kerri Smit of the Saint Mary's Huskies heads the list of Atlantic University Sport women's volleyball all-stars.

The second-year standout from Shubenacadie, last year's AUS rookie of the year, led the conference in scoring (5.48 points per game) and kills (4.71 per game).

Smit's teammate, Janesse Boudreau, earned a second-team nod along with Halifax's Katherine Ryan of the St. Francis Xavier X-Women. Ryan also earned a spot on the all-rookie team along with Lauren Smith of the Dalhousie

Tigers. The third-seeded Huskies open the AUS championships tomorrow against the host Acadia Axewomen in Wolfville. On the men's side, Dan Murray, Sander Ratsep and Max Burt of the Dalhousie Tigers earned AUS first-team all-star honours. Dal hosts Game 1 of the best-of-three AUS final against the New Brunswick Varsity Reds tomorrow at 7 p.m.



Smit

METRO NEWS SERVICES

SCOREBOARD

QMJHL

	W	L	OT	P
x-Moncton	40	10	5	85
x-Cape Breton	39	15	2	80
Saint John	27	25	4	58
P.E.I.	20	28	9	49
Bathurst	19	25	10	48
HALIFAX	15	33	6	36

YESTERDAY'S RESULTS

Drummondville 10 P.E.I. 3
Lewiston 1 Baie-Comeau 0
Montreal 3 Victoriaville 2
Rimouski 5 Quebec 0

PBL

	W	L	PCT
Manchester	8	3	.727
Vermont	7	4	.636
HALIFAX	7	5	.583
Montreal	3	5	.375
Quebec	2	7	.222

FRIDAY'S GAME

Detroit at HALIFAX

SUNDAY'S GAME
Quebec at HALIFAX

More online

For more home and condo news and columns, check metronews.ca.

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Metro Homes

More price drops

Contractors' selling prices for new homes declined 0.1 per cent between November and December, their third straight monthly decrease, according to Statistics Canada.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

From homestead to lovestead

Inviting beds to deep reds top ways to set up your home for the big day

HomeScape

Sylvia Putz

metronews.ca/homescape

To help us celebrate romance, that wonderfully ardent emotional attachment we get when we are in love, we count on Valentine's Day. It often means a fancy meal at home with flowers and chocolates, or in a restaurant, complete with a beautifully set table, candles and a sweet dessert to symbolize the sweetness you feel for that special someone.

But what happens on the day after Valentine's Day? Or after 20 years of marriage? Does romantic love fade away or get lost in the rush of daily living? It certainly can, but it doesn't

have to. Romance should be a state of mind, something we strive for in a small way every day.

Decor in your home is one way to emphasize romance throughout the year. Remember that romance has a lot to do with the senses: Smell, taste, what you see, what you hear, and what you touch. So think about decor in the same way.

Romantic decor speaks to the senses, but it's also about introducing warmth and sensuality into your decor. A clean minimalist look with hard edges and surfacing is not romantic, while lots of draped fabric and curved spaces adds warmth and a nod to the human enjoyment of the sensual. For example, throws, pillows and blankets of rich textures, such as a thick brocade, a nubby linen or velvet, look and feel romantic; they invite you to touch. In fact, anything that feels glorious



Draped fabric in deep hues can bring some romance home.

against naked skin is pretty sensual, like a faux fur rug in front of a fireplace, for example.

Deep colours that radiate warmth, such as reds,

rich purples, deep oranges and browns are warm and inviting. Metal fixtures in a coppery, bronzed or gold colour work better than stainless steel and silver

chromed finishes. Red and pink are of course also associated with Valentine's Day, and no wonder. These colours symbolize true love that comes from the heart. Pink is also hot for similar reasons, but also because it speaks to flushes, cheeks, lips — you get the idea.

And while we're speaking of these things, consider the bedroom. The bed is usually the focus of this room, but if you want romance, use lots of fabric and make the bed as inviting as you can. Hanging sheer fabric from the rails of a four-poster bed emphasizes the bed in a lovely way. A coronet canopy (curtains of fabric usually drawn back over a fabric backboard) of a thick, luxurious brocade at the head of the bed has a similar effect. Shirred fabric panels installed over the ceiling or on a wall is another way to introduce warmth and softness.

Valentine's Day

Fireplaces are romantic in any room, and candles do the same thing. They add that delicious warmth and orange-yellow light that is so flattering. Flowers are also romantic, for the simple reason that they are beautiful to behold and they can smell heavenly. Scented candles with a delicate scent (not too overpowering please) can add a romantic touch, as can soft and relaxing music. The occasional small chocolate treat to pleasure the tongue is never unwelcome by most people I know.

Finally, I want to wish you all a wonderful Valentine's Day, and remember to keep those romantic feelings flowing throughout the year!

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show *Arresting Design*; sputz@arrestingdesign.com.

Interior Design Show 2009 goes green

BRIAN COULTON
for Metro Canada



The white stuff may keep soldiering on outside, but inside, Canadian designers are painting it green.

Focusing on natural materials and environmental sustainability was a common undercurrent among exhibitors of the domestically focused Studio North collection of exhibits at the 2009 Interior Design Show, which wrapped up in Toronto on Sunday.

Co-founders of Toronto's Bookhou, John Booth and Arouna Khounnoraj, displayed their latest furniture and decorative products at the show. The pair uses wood as the primary material in their simple but non-garish pieces.

Booth said they're not motivated by design's eco-movement, but that the choice to use wood relates to their organic design process he said is incompatible with other, less flexible



Shown here is the Bookhou Sled Table No. 1 exhibited at the Interior Design Show in Toronto.

materials. "It's like a drawing. I put a line down and I react to that line. And then I do another one ... I'm interested in form and structure and how you can take a standardized process and incorporate variability into it."

Alicia Cornwell and Tony Bevilacqua are similarly inclined toward varying the norm. The sole Studio North exhibitors from the

United States are the co-founders of Boston's Chroma Lab, which takes used furniture from second hand stores and furniture dealers and refurbishes it. But while Bookhou is concerned with composition, Chroma Lab cares about colour.

"Colour is our favourite thing," said Cornwell. "If (a found item) has a nice shape and we think we can

modernize it with colour, then that's what we do."

While coating a telephone table in sharp yellow or dresser with an ocean wave-like blue gradient may seem appropriate for spring and summer, Cornwell said it's particularly necessary during darker days when grey weather spurs the blues.

"Especially like in Boston or Canada where it's very dull for half the year and the winter kills everything green, you just need something to come home to that's nice, warm, friendly and happy. Your house doesn't have a season. You have to live in it all the time."

Like Chroma Lab aims to lighten a bleak climate, the Toronto-based design team of Hilary Dennis and Katy Chan tries to illuminate eco-friendly products with their less than two-year-old line Schoolyard.

"Our patterns are really fresh and people like to see things that are environmen-

tally friendly that aren't only brown and made of hemp," said Dennis.

Emphasizing nature prints like acorns and oak leaves, Schoolyard uses silk-screening on textiles and paper, creating items from tea towels and drinking

glasses to pajamas and underwear with an aim of leaving the smallest environmental footprint.

"We don't want to make more things that impact the world," said Dennis. "We would like to create, but we have to do it responsibly."



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Heaven on earth

"Chemically speaking, chocolate really is the world's perfect food." -Michael Levine, nutrition researcher, as quoted in The Emperors of Chocolate: Inside the Secret World of Hershey and Mars. METRO NEWS SERVICES

Food

Green & Black's Organic is the world's first organic chocolate brand. Visit greenandblacks.com/us/recipes.html for recipes using their premium chocolate.

Metro News Services



How to get it

Available at most major grocery retailers including Sobeys, Metro, Loblaws and Shoppers Drug Mart, the suggested retail price of Green & Black's Organic bars is \$3.89

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

LiquidAssets

Peter Rockwell



liquidassets@eastlink.ca

Bubbly love

Here's a question for all the guys out there. Are you ready for Valentine's Day? I'm betting most of you aren't. Since it's on a Saturday this year there's no excuse for you not to whip up a little brunch in bed for your sweetie accompanied by a glass of some liquid passion.

For me there's no sexier beverage than sparkling wine. The sad part is that bubbly has such an iconic association with New Year's Eve that it's hard for way too many of you to see it as anything other than a rare occasion sipper.

We should all be drinking them more often if for no reason other than they are super food friendly. Whether Beluga caviar, cheese-smothered nacho chips or a plate of eggs and hash browns; a sparkler's pairing potential is unlimited.

When it comes to romance in a glass nothing beats a fizzy rosé and the easy-drinking Freixenet Cordon Rosado Brut (\$12.95 - \$14.59) from Spain is an inexpensive charmer with a relaxed dry cherry flavour.

If you're all about the fruit Chile's Fresita (\$14.50 - \$18.55) is infused with the essence of real strawberries. It's a candied, red berry bomb that's wildly addictive and screams Happy Valentine's Day.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Love by any other name: Chocolate

À la carte

Barb Holland



Metro Food Writer

Ah, Valentine's Day is quickly approaching and to moi, that means a bit of indulgence and, of course, chocolate.

The good news: Yes, there has been a growing body of credible scientific evidence that chocolate contains a host of heart-healthy and mood-enhancing phytochemicals (women know the mood-enhancing part). Cocoa beans are rich in flavanols, natural compounds with antioxidant properties found in red wine, purple grape juice, green tea, cinnamon and dark bittersweet chocolate (to name a few).

However, the more a cocoa bean is processed, the less of these potent flavanols are present. There is a lot of chocolate out there, but the best bang for the nutrition

Valentine's Day

It's an indulgence, yes, but chocolate still has calories and size does matter. Savour and enjoy small quantities of really good quality, delicious chocolate.

buck is dark chocolate with at least 60 to 70 per cent cocoa.

The not-so-good news: It's an indulgence, yes, but chocolate still has calories and size does matter. Savour and enjoy small quantities of really good quality, delicious chocolate.

Heart Healthier Fudgy Brownies

February is also Heart Month, so in that vein, here is a recipe that satisfies the chocolate-calling voice and is lower in fat and calories. Low fat unsweetened cocoa powder

der adds a depth of chocolate flavour and ripe banana provides moistness and texture with just a hint of banana flavour.

INGREDIENTS:

- 1 oz (30 g) good quality bittersweet chocolate, chopped
- 2 tbsp (30 ml) butter
- 1 cup (250 ml) granulated sugar
- 1/2 cup (125 ml) mashed ripe banana (1 large banana)
- 1 egg
- 1 tsp (5 ml) vanilla
- 1/2 cup (125 ml) all-purpose flour
- 1/4 cup (60 ml) unsweetened cocoa powder
- 1/2 tsp (2 ml) baking powder
- 1/4 tsp (1 ml) salt

METHOD:

Preheat oven to 350°F (180°C). Spray sides of an 8-inch (20 cm) square baking pan. Line bottom and two sides with parchment paper (to make a parchment paper sling for easy removal).

Combine chocolate and butter in medium glass bowl. Microwave at Medium for 1 minute or until



This recipe satisfies the chocolate craving but is lower in fat.

butter is melted. Stir until chocolate is completely melted. Stir in sugar, then mashed banana until blended. Beat in egg and vanilla until smooth.

In a smaller bowl, combine flour, cocoa, baking powder and salt; stir into chocolate mixture until dry ingredients are completely moistened. Spread evenly in prepared pan. Bake 25 minutes or until toothpick inserted in centre comes out clean.

Cool pan on wire rack 10 minutes. Run spatula around edges, carefully lift parchment paper sling of brownies to wire rack to cool completely. Cut into 16 squares.

Nutritional information per square: Calories: 106; Fat: 2.8 g; Carbohydrate: 20 g; Protein: 1.25 g; Fibre: 1 g.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Turkey Meatball Soup

INGREDIENTS:

- 3 cups (750 ml) sodium-reduced chicken broth
- 2 green onions, sliced
- 1 each rib celery and carrot, sliced
- 1/4 tsp (1 ml) each pepper and dried thyme
- 1 sweet red pepper, chopped
- 1 cup (250 ml) vermicelli egg noodles
- 1/2 cup (125 ml) frozen peas, thawed

Turkey Meatballs:

- 1 egg
- 1/4 cup (50 ml) grated onion
- 1/4 cup (50 ml) grated Parmesan cheese
- 2 tbsp (25 ml) minced fresh parsley
- 1/4 tsp (1 ml) each salt and pepper

- 1 lb (500 g) lean ground turkey or veal

METHOD:

Meatballs: In bowl, combine egg, onion, Parmesan cheese, parsley, salt and pepper; mix in turkey. Shape by 1 tbsp (15 ml) into balls. Bake on greased baking sheet in 400°F (200°C) oven until digital thermometer inserted in centre of several reads 165°F (74°C), about 15 minutes.

Meanwhile, in large saucepan, bring broth and 3 cups (750 ml) water to boil. Add green onions, celery, carrot, pepper and thyme; reduce heat, cover and simmer for 10 minutes.

Add red pepper, egg noodles and meatballs; simmer, covered, until pasta is al dente, about 5 minutes.

Add peas and heat through.

nutritional info

- Makes 4 to 6 servings.
- Per each of 6 servings: about 198 cal, 19 g pro, 9 g total fat (3 g sat. fat), 10 g carb, 2 g fibre, 100 mg chol, 560 mg sodium. % RDI: 8% calcium, 13% iron, 34% vit A, 62% vit C, 12% folate.



For more great recipes, visit metronews.ca.

Nivea LipCare CareGloss & Shine, left, comes in red and pink. Available at major drug, pharmacy and mass merchandise stores across Canada for \$3.59 each. For more, go to nivea.ca. METRO NEWS SERVICES

Valentine's Day

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

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valentine's day **17**

Make it personal

Why not break the mould this Valentine's Day and get your loved ones something different from the traditional flowers and chocolates?

Here are a few ways to make your Valentine's gift more personal:

Get it engraved

Even a generic gift like a pen or keychain can be made personal and heartfelt if you get your loved one's name or initials engraved on it. Most stores can do it while you wait.

Commemorate an event

For Valentine's, grab a photo of a special occasion and put it in a fabulous frame. Wrap it with fancy paper and bows along with a love letter that tells why you thought sharing that day was so special.

Match a donation of your love for your love

If the thought donning your winter boots and heavy coat to make a mad dash to the mall for a Valentine's Day gift doesn't appeal to you, why not stay in the comforts of your

own home and visit websites like ccfcanda.ca to purchase a gift of love? With a wide array of gifts starting at only \$20, such as a food hamper, farm tools or vegetable garden seeds, you can purchase a gift for a family in need in the developing world.

Give a favourite snack

It may seem like a small thing, but when you need

a special Valentine's Day gift that says "I love you," try to remember what your sweetheart likes to snack on. What people eat and enjoy is very personal. Giving someone their favourite snack food, such as flavoured popcorn, home-baked cookies or crunchy pickles shows you care about them so much that you even notice the little things. **NEWS CANADA**



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Style



A fragrance that says it all

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METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Paint the town red

Valentine's Day

Besides it being one of spring's hottest emerging colours, throw on a little rouge in celebration of Valentine's Day.

METRO NEWS SERVICE



Synthetic leather purse with heart lock and key charm, Aldo, \$45.



Printed scarf, Old Navy, \$14.50.



Town Shoes label, patent leather \$125



Elsa Peretti lacquer bangle, Tiffany & Co., \$485,



Trench coat, Smart Set, \$75.



Red blouse, Le Chateau, \$69.95.

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metro
Do it daily.

Swap till you drop at a 'swishing' do

DUBLIN Like most parties, it tends to start with drinks, nibbles and casual conversation, until the guests suddenly start swapping clothes.

Invented before the credit crunch but becoming more popular as a free substitute for shopping and entertainment, welcome to swishing. "Swishing dos" are parties where people swap second-hand clothes, following a few commonly agreed rules along the following lines:

Pick a date and venue, invite friends, prepare some food, let people browse the clothes they have brought

while enjoying a glass of wine; at a previously agreed time, count down to the "Swish," and start swapping.

The website swishing.org says everyone must bring at least one item of clothing and that no-one can claim items before the "Swish" officially opens. And one final warning which also reveals the gender makeup of most swishing parties: "Remember ladies: no scratching, spitting or biting!"

"People still love to go shopping and be glamorous," said Ashley Dow of London-based communica-

tions firm Futerra which runs the website and claims to have invented the term around two years ago.

"I think a lot of people have seen that this is a nice outlet to save money and still look fabulous," Dow said.

REUTERS

GlobalStyle

Kenya Hunt

Read Kenya, exclusively at metronews.ca/globalstyle and check out her blog at kenyastyle.com



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Cover girl
Michelle Obama is making history again — by becoming only the second first lady (the first was Hillary Clinton in 1998) to appear on the cover of Vogue magazine. Obama was photographed by Annie Leibovitz for the cover. [PEOPLE.COM](#)

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Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA



Most bankable

Will Smith has been named the most bankable star in Hollywood. The actor topped Forbes.com's Star Currency list, which ranks stars according to their financial power at the box office. [FEMALEFIRST.CO.UK](#)

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Lily Allen is irresistible

Lily Allen
Album: It's Not Me, It's You
Label: Capitol/EMI
Rating: ●●●●½

A POTTY-MOUTHED singer with the voice of an innocent school-girl, it's hard not to find Lily Allen appealing. She opens her second album with the dance-grooved Everyone's At It, a surprising condemnation of our pharmaceutical culture. Isn't this the same girl who just last month said cocaine was "no problem?" But it's this conniving flightiness that is so irresistible, especially when she's taking a non-judgmental look at conspicuous consumption (The Fear), discoursing on god

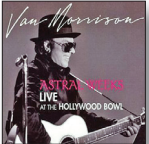


(Him), or having a pleasant chat with the former president (F*** You). Lily also has some interesting ideas about sex, actually expecting to receive as much as she gives, both in quantity and quality. It's all right there with a synth-pop-country (yes, that's a banjo) flavour on Not Fair, even more so on the nasty Never Gonna Happen.

Graham Rockingham/for Metro Canada

Van Morrison
Album: Astral Weeks Live At The Hollywood Bowl
Label: Listen To The Lion/EMI
Rating: ●●●●

VAN MORRISON'S MYSTIC masterpiece, Astral Weeks, has long been



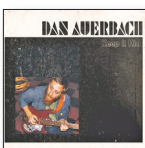
MusicReviews
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considered a musical landmark. Recorded in 1968, it's swirling vocals, improvisational themes and acoustic virtuosity broke acres of new ground. It was quite unlike anything that came before or after. So why then has Mr. Morrison released a live version? Not to make the lyrics any more clearer. Although his poetry is kindly documented in the liner notes, Morrison's mumble remains impenetrable. This live version is close, but no substitute. Which makes you wonder if Morrison released it more for business reasons, than artistic ones.

Graham Rockingham/for Metro Canada

Dan Auerbach
Album: Keep It Hid
Label: Nonesuch Records
Rating: ●●●●½

CHOP THE BLACK Keys in half, and quiet ballads head-butt raucous, raw bluesy-rock. Keep It Hid frees singer-guitarist Dan Auerbach from his band's constraints, allowing for Raconteur-ish experiments with layered guitars, upright bass, keyboards, banjos and a crowd of friends and family. Some of the best moments in the album come through transitions between songs. The quiet acoustics of Trouble Weights a Ton contrasts with sludgy rockers like I Want Some More or The



EMI MUSIC PHOTO

It's Not Me, It's You — the second album from British pop sensation Lily Allen — was released this week.

Prowl, as Auerbach uses sequence to play with tempo and atmosphere. In one head-nodding progression, mellow burner Keep it Hid butts against the shuffling My Last Mistake before rocketing to When I Left the Room's psychedelia

and Street Walkin's Hendrix-influenced stomp. Mash-up!

Rob McMahon/for Metro Canada

Read additional reviews and listen to this week's reviewed music by following links at metronews.ca/music

Romeo and Juliet stokes knife fears

THEATRE The director of a production of Romeo and Juliet at Shakespeare's Globe Theatre in London consulted police chief on Wednesday over fears that free shows for 10,000 teenagers may unwittingly glamorize knife crime. Bill Buckhurst discussed the violent plot with Metropolitan Police Commander Steve Allen. "The play contains scenes where two young men die from rival families and the director wanted to involve police because of comparisons with current real-life situations in terms of knife crime," a spokesman for the theatre said. He said the play that runs from March 9-13 at the rebuilt open-air theatre on the banks of the River Thames in London is a special educational production. The plot will not be altered but the director will take on board police recommendations about the use of knives to make sure the production is not seen to glorify violence. "We wanted to raise awareness and wanted to handle the subject responsibly," the theatre spokesman said.

REUTERS

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/12/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Ugly Betty (N)	Grey's Anatomy (N)		Practice
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Wife Swap (N)		Eleventh Hour (HDTV) (N)		Practice
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	The Nature of Things (N)	Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	Enquête (HDTV) (SC)		M pour musique (N) (SC)		Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Survivor: Tocantins (N)	CSI: Crime Scene Invstgtn.		Eleventh Hour
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Histoires-filles	Star Académie:	La Classe de 5e (HDTV)	Taxi 0-22 (SC)	Caméra café	TVA 22 heures
	6	6	6	CHHF	Entertainment	ET Canada	The Unit	Survivor: Tocantins (N)	The Office (N)	Kink in Hair		News (N)
	9	9	9	CJCH	etalk	Hollywood	ER "The Family Man" (N)	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		News (N)
	10	10	10	ELTV	(6) EastLink Television			Podium TV		EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	The 40th NAACP Image Awards (HDTV) (Live)			Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock
	29	29	29	NW	World News	Business	CBC News	Newman	Road to the Games (N)		CBC News: The National	
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Basic Black	American Future: A History	This Old Hse.	6 Days and	American Future: A History	Lincoln: Prelud
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Survivor: Tocantins (N)	Ask This Old	Michigan		6 Days and
	68	68	68	TQS	(6:30) Le Retour (SC)	Grande fille	Un monde bête	La Menace du tigre (2007, Suspense)		Gary Busey, Ty Wood.		110 pour cent
	23	96	96	BNB	Business News	Headline	Market Call	GetConnected	Business News	Squeeze Play		Market Call
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight	Commodities	Campbell Brown: No Bias		Larry King Live		Cooper 360
	54	54	54	GOLF	Golf Central	LPGA Tour Golf	SBS Open at Turtle Bay -- First Round. (Live)		PGA Tour Golf: Pebble Beach National Pro-Am			
	52	52	52	RSE	Sportsnet Connected		NHL Hockey Ottawa Senators at Philadelphia Flyers. (HDTV) (Live)			Overtime		Sportsnet Con.
	55	55	55	SCOR	Hockey Talk	Game On	NBA Basketball Miami Heat at Chicago Bulls. (Live)				NBA Basketball	
news	45	45	45	SPD	NASCAR Victory Lane (N)		NASCAR Racing: Camping World Truck Series Qualifying			NASCAR Racing: Sprint Cup -- Gatorade Duel		
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	Westminster Kennel Club Dog Show "Opening Night" (HDTV)				
	43	43	43	FAM	Zoeys 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	The Matrix *** (1999)
	26	26	26	TREE	Max & Ruby	Backyardigans	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol
	16	16	16	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)	The Beast (N)
	70	70	70	APTN	News		Suaangan	Wapos Bay	By the Rapids	renegadepress	Divine Secrets of the Ya-Ya Sisterhood (2002)	
	50	50	50	BET	106 & Park: BET's Top 10 Live (Live)		Why Do Fools Fall in Love ** (1998, Biography)	Halle Berry.				Baldwin Hills
	37	37	37	BRVO	Street Legal		Camera	Snapshot	Bathroom Divas-Opera Star		Metal: A Headbanger's Journey (2005)	
family	25	25	25	CMT	Little Big Town Live		CMT Greatest Tear Jerker	Home Improve.	Home Improve.		Reba	Reba
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park
	153	153	153	COURT	Truth, Duty, Valour		World's Wildest Police Videos	Cops Uncut	Dumb Criminal	Aggro		Police Videos
	38	38	38	DISC	How It's Made	How It's Made	Daily Planet	Machines of Malice		Machines of Malice		MythBusters
	34	48	48	HGTV	Holmes on Homes		House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY
	46	46	46	HIST	Deep Wreck Mysteries		NCIS "Hung Out to Dry"	Lost Worlds	Deep Wreck Mysteries		Deep Wreck Mysteries	
	17	17	17	MM	Gone Wild	Brooke Knows	Pimp My Ride	Pimp My Ride	America's Best Dance Crew		America's Best Dance Crew	Punk'd
	19	19	19	MMM	MusicProfile	mmmtop10.com	Back In	AC/DC: No Bull		Revival		Confessions
	201	201	201	M1	(5:45) Shooter (2007)		The Cradle (2007, Suspense)	Lukas Haas, Amanda Smith.		Sleepwalking ** (2008, Drama)		
	48	23	23	OLN	American Gladiators		Dog the Bounty Hunter	Survivorman		Mantracker		Bounty Hunter
cable variety	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Friends	Friends	Friends	Domestic
	206	206	206	PIX	Dance Me Out.	(7:45) The Sundowners *** (1960, Drama)	Deborah Kerr.			Freddy vs. Jason ** (2003, Horror)		
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Grandma's Boy
	40	40	40	SLICE	X-Weighted "Jannette"		Til Debt-Part	Rich Poor	Bulging Brides	Bulging Brides	Last 10	Biggest Loser
	47	47	47	SPACE	Stargate SG-1		Rabbit Fall	Rabbit Fall	Lost		Star Trek: Voyager	Zombieman
	14	14	14	SPIKE	CSI: NY "Recycling"		CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.		TNA IMPACT! (HDTV) (N)	
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	Creepiest Couples		Tonight Show
	21	21	21	TLC	What Not to Wear		Sports Disasters (HDTV)	Overhauled (HDTV)		Street Customs (HDTV) (N)		Heil-Loggers
	56	34	34	TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond

critics' corner

Metal: A Headbanger's Journey
Is it the devil's music? Does it drive impressionable teens to commit violent crimes and suicide? In this documentary, anthropologist and self-described metalhead Sam Dunn turns his camera on heavy metal and the people who make it to explore the myths surrounding this musical genre and its hold on fans. 10 PM on BRAVO



Da Kink in My Hair
The popular comedy-drama set in a Toronto hair salon returns for a second season. The opener finds Letty (Ordenna Stephens-Thompson) wrestling with the age-old dilemma of the working mom: trying to strike a balance between her job and parenthood. She also deals with a heavy client whose weight is causing problems at work. 10:30 PM on CHF

30 Rock
It's not as if it falls on the same day every year or anything Not realizing it's going to be the ultimate lovers holiday, Liz (Tina Fey) insists she and Drew (John Hamm) have their first official date on Valentine's Day. Meanwhile, Jack (Alec Baldwin) prepares himself for an unconventional holiday at church with new girlfriend Elisa (guest star Salma Hayek). Then Kenneth (Jack McBrayer) tries to win the affections of a new staffer. 10:31 PM on NBC



Madonna, Moore to host Oscar party

Madonna and her actress friend Demi Moore will jointly throw an Oscar party on Feb. 22. FEMALEFIRST.CO.UK

Your bloody Valentine

Matters of Heart

Steve Collins

A Valentine's Special

Here we go again. February 14 pitilessly approaches, gentlemen, and you have to think of something fast. I, of all people, have been assigned to help you. This may not end well.

The entire premise that the romantic onus is on you may seem sexist, but in my experience, women have very little to worry about on Valentine's Day, apart from how abjectly you're about to blow it. The ideal gift for most guys I know is the same thing every year. (Two hints: It costs nothing and

Valentine's Day

fits perfectly).

For you, things are trickier. On Monday, my Metro colleague Anne Hines offered some perceptive if terrifying advice: "Begin with the gift. The gift is vital. But do not stress yourself thinking a gift has to be big or expensive. It just has to be perfect... To a woman, a gift says, 'This is how I see you. This is how I feel about you in my deepest most truthful heart of hearts.'"

Yeah, thanks, Anne. That's a load off. Just find the flawless, enduring symbol of your souls entwined. In a store somewhere. By Saturday. Shall I compare thee to this heart-shaped pendant thou shalt never wear again?

Even if by some miracle or fluke you nail it this year with the perfect gift,

the perfect day, the perfect words, what about next year? How are you going to top yourself?

Never underestimate the power of dumb luck. That was my way out, my only way. I found someone so perfect for me that, among her many thrilling virtues, she hates the pressure of these occasions, too, so we skip them. (This, I know, is no good to you either. You can't have her.)

Neither of us has ever broken down and unilaterally bought a surprise gift, thereby violating our mutual non-aggravation pact and upending our domestic nirvana. Even as our friends mock our lameness, we smugly congratulate each other on having beaten the system.

But she's got a birthday coming up, a big one. Here we go again.

Marine life to the IMAX

PHIL BROWN
for Metro Canada



Under The Sea 3-D is the latest visually stunning documentary to grace IMAX screens. If you've never experienced one of the 3-D documentaries produced by IMAX, you're missing out on one of the most immersive cinematic experiences around.

Producer Toni Myers has been working in this unique format since it's humble origins, editing North Of Superior. "That was the very first IMAX film, made in 1970. I just thought it was utterly amazing and kept trying to work in the format," she said.

Quickly seduced by the possibilities of IMAX, Myers has indeed been working in the format in various capacities ever since. She served as a producer on Under The



A scene from Under The Sea 3-D.

Sea 3-D and is quick to acknowledge the difficulties of shooting in IMAX.

According to Myers, the 3-D cameras her production team used for the film were "the size of a bar fridge and by the time you get it in the housing it weighs 1,300 pounds."

The cameras had to be operated by two cameramen simultaneously and needed to be hoisted out of the water with a crane to reload film after only three minutes had been shot.

Movie feature

"If you think of those beautiful underwater landscape shots tracking towards a giant cuttlefish and consider that it's two guys pushing a 1,300-pound camera through the water, it's pretty amazing."

Dive teams of eight people were required just to operate the cameras, but the technical challenges were hardly the only difficult part of the shoot. Simply finding the underwater stars of the film was challenging enough.

"I think we had to travel something like 600 miles to a new location just to find the sea snakes we wanted because they're so depleted. We're not kidding when we say that they are all wallets, shoes, and hand baskets," says Myers.



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Tip of the Day:

I can never decide whether my dreams are the result of my thoughts, or my thoughts the result of my dreams. — D. H. Lawrence

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he's just *not* that into you

In Theatres February 6



Go to **metronews.ca** and take Metro's Sex & Relationship columnist Josey Vogels' quiz to find out which *he's just not that into you* character you are most like and you could **WIN!**

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes February 10, 2009. Approximate retail value of prize is \$599 each. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

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Do it daily.



Paris Hilton finally gets all the fuss about the movie *Twilight*. She recently saw the hit film and is now smitten with Robert Pattinson. "Now I understand all the hype. I just didn't get it before, but now it all makes sense," Hilton told E! News. **METRO NEWS SERVICES**

Celebrity Buzz

Courtney's moving to London

RELOCATION Courtney Love is moving to the U.K., *fem* alefirst.co.uk reports. The former Hole singer is growing tired of life in Los Angeles and is planning to buy a house in Britain for her and daughter Frances Bean, 16.

Courtney said: "Buckinghamshire is where I want to go. I read Country Life magazine every week. I'm fed up with Los Angeles. It's full of crazy people. People criticize Britain but it's still a cleaner, safer place to live than Hollywood."

However, Courtney — who is also looking at properties in London's Primrose Hill district, close to the home of close friends Chris Martin and Gwyneth Paltrow — will only make the

move if her arch-rival Madonna remains in her native America, where she has been since splitting from director Guy Ritchie. She added to Britain's Daily Star newspaper: "Madonna had better stay the hell away from London when I move here to live. There's no room for us both."

Although Courtney and Gwyneth are now close friends, the Iron Man actress admits she was left "devastated" by their first meeting 10 years ago.

METRO NEWS SERVICES



Harry's in hot water yet again

BEHAVIOUR After putting his foot in his mouth with comments about a Pakistani army officer, Prince Harry is under fire again for another racially insensitive remark, having apparently told a comic, "You don't sound like a black chap," *people.com* reports.

Harry, allegedly attempting to be funny, delivered the line in November, when black comedian Stephen K. Amos performed at Prince Charles' 60th birthday party. Amos spoke about the incident this week on a U.K. chat show. At the time, recalled Amos, "I wanted to say,

'How is I supposed to sound?'"

Reaction to the exchange has been strong. "Many young people will be disgusted by his remark," said Naomi Byron, national secretary of Youth Against Racism in Europe to the U.K.'s Daily Mirror.

"But it is not just Prince Harry that is at fault. The aristocratic, rich circles he moves in obviously don't have a problem with this kind of racist stereotyping."

METRO NEWS SERVICES



Rihanna cancels Jakarta concert

FALLOUT Rihanna's concert scheduled in Jakarta today has been cancelled, the show's tour promoter has announced — citing "an assault case involving Rihanna's boyfriend," singer Chris Brown, *people.com* is quoting published reports as saying.

Rihanna, 20, withdrew from performing at the Grammys on Sunday — the same day Brown, 19, was arrested and charged with making a criminal threat. He was subsequently released on \$50,000 US bail.

On Tuesday, her show in Malaysia was similarly canceled. The Jakarta cancellation marks the second time Rihanna has pulled out of a concert in the Indonesian capital.

In November, the show didn't go on after the Australian government issued a travel warning in the wake of the executions of the three men convicted of the 2002 Bali bombings. *People.com* is also reporting that new details have emerged about the midnight altercation between Brown and Rihanna that led to Brown being booked on a felony criminal threat charge on Sunday.

"Chris knocked her around," a source close to

the couple tells *People* magazine. "Black eye, blood, bruises. She had to be treated by a doctor."

The site also alleges a police source has confirmed to *People* the singer suffered a black eye as well as "a swollen split lip and two red and purple contusions on either side of her forehead."

The website continues by saying the source, who described police photos of Rihanna, added, "She looked distraught and in a lot of pain. Her eyes were closed because she was looking down."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Dane remains mum on co-star rumours

DEPARTURES With rumours swirling that Katherine Heigl and T.R. Knight are soon going to be leaving the hit show "Grey's Anatomy," Ellen DeGeneres decided to try to get some answers out of their co-star, Eric Dane, when he stopped by her show. But Dane remained mum, deferring to series creator Shonda Rhimes. "I know you want to know, and I get it," Dane said. "But until the boss says this is going down, it's not happening." DeGeneres wasn't satisfied, though, following up with, "OK, but I see from your eyes, they're leaving."

METRO NEWS SERVICES



Jessica's 'so happy' with new curves

IMAGE Jessica Simpson made her first live TV appearance since her much-scrutinized weight gain, performing her song *Pray Out Loud* on CBS' *The Early Show* yesterday morning, *usmagazine.com* reports. Simpson — who taped her spot in Nashville, where she helped announce nominations for the 44th Annual Academy of Country Music Awards — briefly addressed the hype over her new curves after anchor Maggie Rodriguez mentioned all the support the singer has been receiving from fans.

"Honestly, I am right where I'm supposed to be. I am so happy," Simpson said.

METRO NEWS SERVICES



Rourke's new nickname: Half Day Mickey

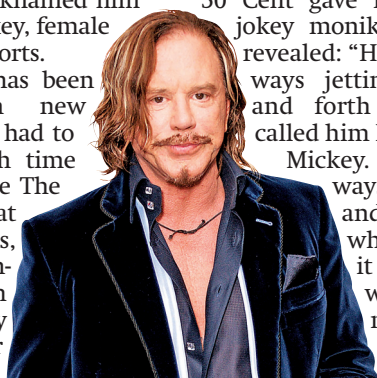
ANTICS Mickey Rourke's co-stars have nicknamed him 50 Cent gave him the jokey moniker. Sam first.co.uk reports.

The actor has been working on new movie 13 but had to take so much time off to promote *The Wrestler* that his castmates, including *Control* star Sam Riley, *Nil By Mouth* actor

Ray Winstone and rapper 50 Cent gave him the jokey moniker. Sam revealed: "He was always jetting back and forth so we called him Half Day Mickey. 'He'd always p— off and do whatever it was he was meant to be doing somewhere else. I think he really feels lucky and he's just milking it for all its worth. And good on him.'"

Rourke wasn't the only member of the 13 cast to be given a nickname. Sam added to *Total Film*: "Ray calls 50 Cent Two Bob. He'd go, 'Which one's Two Bob, which one's Two Bob, Sammy?' 'He's the big one behind you mate!'"

METRO NEWS SERVICES



Surgery procedure leaves Usher's wife in grave condition

ILLNESS Usher's wife reportedly suffered cardiac and respiratory arrest during a liposuction operation, *fem* alefirst.co.uk is reporting.

Tameka Foster was due to undergo the cosmetic surgery at Sirio-Libanes Hospital in Sao Paulo, Brazil, last Friday but fell seriously ill when she was being anesthetized for the procedure. She was then induced in

to a coma for 24 hours, and is now said to be recovering, the gossip website alleges.

A spokesman for the hospital refused to comment on the allegations published by Brazilian news website G1, saying: "The family has demanded total privacy. The hospital is barred from giving any information."

The website reports that it has been claimed U.S. neurosurgeon Gabriel Hunt, who works at the Cedars-Sinai Medical Center in Los Angeles, flew to Sao Paulo to help treat Tameka over the weekend. He left on Monday but refused to comment, it adds.

Usher cancelled concerts in the U.S. and rushed to his wife's side as soon as

she fell ill.

His spokeswoman Simone Smalls has not released details on Foster's illness, only saying: "Tameka is in stable condition. Her husband is with her at the hospital. The family requests privacy at this difficult time."

METRO NEWS SERVICES



Clooney said to be dating Bhutto niece

ROMANCE Hollywood playboy George Clooney is reportedly smitten with Fatima Bhutto, the 26-year-old niece of slain Pakistani leader Benazir Bhutto. The two met at an international conference last year, and Clooney fell for her quickly, according to the *National Enquirer*.

METRO NEWS SERVICES

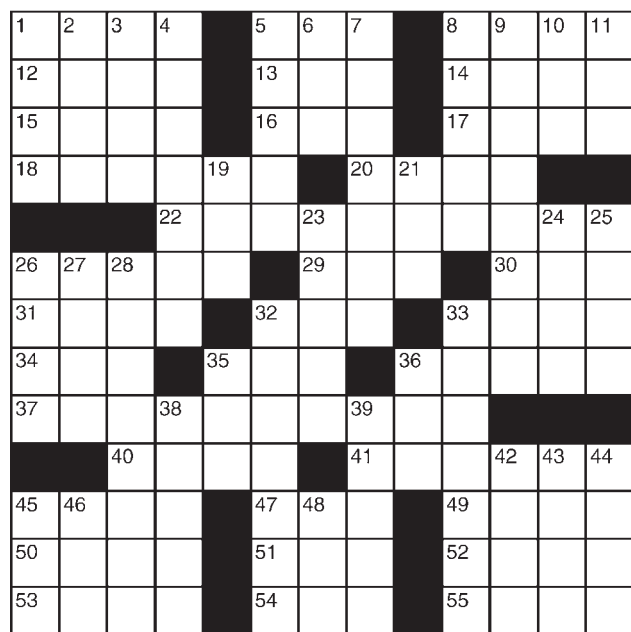




TWN incorporates MSC data

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



Crossword across

- 1 Seed covering
5 Shrill bark
8 State with conviction
12 Conflagration
13 Leading lady
14 Bygone VHS alternative
15 Oriental nursemaid
16 Scratch
17 St. Louis landmark
18 Call a spade a shovel?
20 Price
22 Woman of letters?
26 Horsey laugh
29 The whole enchilada
30 Gear tooth
31 Benedict XIV, e.g.
32 Expert
33 Enthusiastic
34 Tackle the comestibles
35 "Whadja say?"
36 Wise lawgiver
37 Staff-meeting prop, often
40 Options list
41 Render defenseless
45 Leno's prominence
47 Pi follower
49 Otherwise
50 TV clown
51 Pinch
52 Exploding star
53 Crystal gazer
54 Collection
55 Agcy.

Crossword down

- 1 Somewhere out there
2 Frost
3 Persia, now
4 English Channel port
5 Mocha's country
6 Actress Gardner
7 Fabric used for sheets
8 Disconcert
9 Upright
10 List-ending abbr.
11 "Go, team!"
19 Wrestling surface
21 Pussycat's partner
23 Topped chip
24 Not "for here"
25 Big Apple cardinal
26 Jet forth
27 Ancient mariner?
28 Make as good as possible
32 Moderate brown shades
33 Unexpected blessing
35 Coop denizen
36 — Lanka
38 Choir member
39 Take as one's own
42 Burn soother
43 Answer an invite
44 Vegan's no-no
45 Couric's employer
46 Weeding tool
48 Waste not a moment

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	9	2	4	8	7	1	3	6
8	3	6	5	2	1	9	4	7
7	1	4	6	3	9	8	5	2
3	5	1	8	4	2	7	6	9
2	7	8	9	5	6	3	1	4
6	4	9	7	1	3	5	2	8
9	6	3	2	7	5	4	8	1
1	8	7	3	6	4	2	9	5
4	2	5	1	9	8	6	7	3

Find today's answers + play more games at metronews.ca

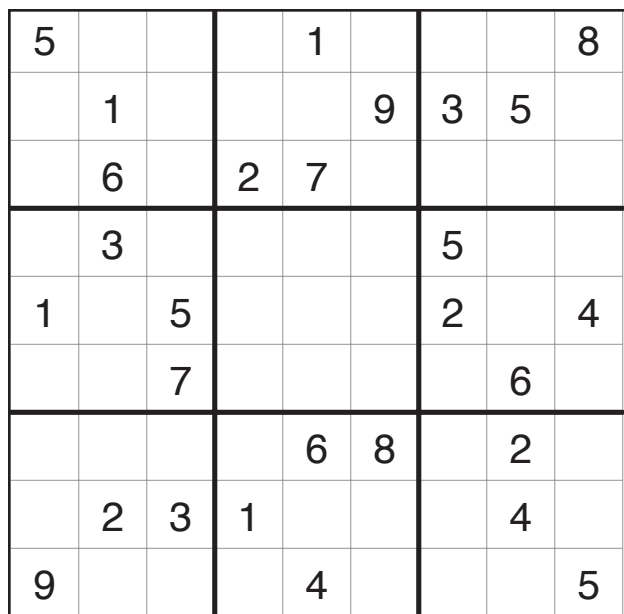
SUDOKU SOLVE TIME:

Under 13 minGenius
13-17 min.....Scholar

17-21 minSmart
21-25 minNot bad
25+ min.....Keep practising

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Sizzling Beef Fajitas

INGREDIENTS:

50 ml (1/4 cup) fresh lime juice
5 ml (1 tsp) chili powder
4 ml (3/4 tsp) oregano
4 ml (3/4 tsp) ground coriander
1 ml (1/4 tsp) black pepper
375 g (12 oz) well-trimmed beef sirloin
2 large onions, thickly sliced
2 large red peppers, cut lengthwise into flat panels
50 ml (1/4 cup) minced cilantro
4 flour tortillas, about 18 cm (7 in.) each
1 l (4 cups) shredded romaine lettuce
50 ml (1/4 cup) sour cream

METHOD:

1. Combine lime juice, chili powder, oregano, coriander and black pepper in medium bowl.
2. Place beef in shallow bowl and spoon 2 tbsp lime mixture on top; turn to coat both sides. Let stand while broiling vegetables.
3. Preheat broiler. Spray broiler pan with non-stick

cooking spray. Place onions and pepper pieces, skin-side up, on broiler pan. Broil 10 cm (4 inches) from heat until peppers are charred and onions are golden brown, 10 minutes. Remove, and when cool enough to handle, peel pepper and thickly slice. Add peppers and onions to lime juice mixture in bowl. Add cilantro and toss.
4. Broil beef to medium, eight minutes, turning once. Let stand five minutes, then thinly slice. Broil tortillas until lightly browned, 15 seconds per side.
5. Place beef, peppers, onions, lettuce, sour cream and tortillas in serving containers. Let each person fill his or her own tortilla.

SERVES 4



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20



Use humour with a new admirer. A puzzling professional will create an amusing invention. Tread softly around an ailing person.

LIBRA

SEPT 23-OCT 23



Someone's admiration gives you some pleasure. You need to think about what went wrong. Relationship decisions perplex you and cause delays.

TAURUS

APRIL 21-MAY 21



Protect yourself when dealing with legal issues. Don't push your ideals in a war between rookies. A person makes an insensitive comment.

SCORPIO

OCT 24-NOV 22



A blissful guy makes you a tantalizing offer. A funny girl gives you a helping hand. A man has something valuable to share.

GEMINI

MAY 22-JUNE 21



You must be patient with unreliable people. It's not a good time to make light of serious problems. A comical grumbler will set a date with you.

SAGITTARIUS

NOV 23-DEC 21



Independence is more important when procedures change. Don't delay fixing damaged equipment. Unexpected events keep you hopping.

CANCER

JUNE 22-JULY 22



Guidance comes to you in unusual ways. Don't announce your intentions to strangers. Make sure that that your reality check doesn't bounce.

CAPRICORN

DEC 22-JAN 20



Today's miserable moments will soon be forgotten. Kindred spirits will meet your challenges. You'll be enthusiastic when amazing things unfold.

LEO

JULY 23-AUG 23



Avoid snooping and being too serious. An irritated friend is especially sensitive to teasing today. Something that happens will astound you.

AQUARIUS

JAN 21-FEB 18



Accept a kind invitation from an encouraging friend. Be sincere when praising somebody. Financial plans must be adjusted as soon as possible.

VIRGO

AUG 24-SEPT 22



You'll get a surprise if you forgot something. Don't be unnerved by a strange event. Frustration with obsolete rules won't be eased by fighting.

PISCES

FEB 19-MARCH 20



You can be sure that your hard work will build up a project. Think hard before refusing an invitation. Slow down before making decisions.

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This day in history

FEB. 12, 1870: Women gain the right to vote in Utah Territory.
FEB. 12, 1909: The National Association for the Advancement of Colored People (NAACP) is founded.
FEB. 12, 1934: The Austrian Civil War begins.
FEB. 12, 1990: Carmen Lawrence becomes the first female premier in Australian History when she becomes premier of Western Australia.
FEB. 12, 1999: President Bill Clinton is acquitted by the United States Senate in his impeachment trial.
FEB. 12, 2000: Charles Schultz's famous comic strip Peanuts prints its last comic.

METRO NEWS SERVICES

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5 Great Vehicles... Five Great Prices!



2008 Grand Caravan Full Stow N Go

Factory DVD, Pwr Window Group, P Seat, Pw, Pdl, Three Zone Climate Control, A/C, Cruise, Tilt, Backup Camera, Low Kms

~~\$20,995~~
\$19,377*
Was \$33,620 New!



2008 Liberty North Edition

4x4, Pw, Pdl, P Seat, Fog Lights, Alloys, Sunroof, Trail Rated, A/C, Cruise, Tilt, 3.7l V6, Low Kms.

~~\$21,995~~
\$19,377*
Was \$31,995 New!



2008 Grand Cherokee Laredo

Installed DVD, Pw, Pdl, Pseat, 4x4, Information Center, Cruise, Tilt, A/C, Alloys.

~~\$21,995~~
\$19,377*
Was \$42,077 New!



2008 Sebring Touring

Leather, Sunroof, Alloys, Pw, Pdl, Pseat, Cruise, Tilt, Lw Kms, A/C, 2.7l Flex Fuel V6

~~\$18,777~~
\$15,777*
Was \$29,687 New!



2008 Avenger Sxt

Sunroof, Spoiler, 18" Alloys, Foglights, 2.7l Flexfuel V6, Pseat, Pw, Pdl, A/C, Cruise, Tilt Low Kms.

~~\$18,777~~
\$15,777*
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